

Claims

1. The use of:
 1. a bioavailable iron compound and a bioavailable zinc compound in a weight ratio of at least 2:1, and
 2. at least one B vitamin,in the manufacture of an edible composition, for use in aiding the cognitive development or cognitive performance of humans having an age of up to 18 years.
2. The use according to claim 1, wherein the edible composition comprises 0.5 to 30 mg per serving of the edible composition of iron from the bioavailable iron compound.
3. The use according to either one of claims 1 or 2, wherein the bioavailable iron compound is selected from ferrous inorganic compounds, ferrous carboxylate salts, iron-sugar-carboxylate complexes, chelated iron compounds and mixtures thereof.
4. The use according to any one of the preceding claims, wherein the edible composition comprises 0.5 to 20 mg per serving of the edible composition of zinc from the bioavailable zinc compound.
5. The use according to any one of the preceding claims, wherein the bioavailable zinc compound is selected from inorganic zinc salts, zinc carboxylate salts, chelated zinc compounds and mixtures thereof.

6. The use according to any one of the preceding claims, wherein the wherein the weight ratio of the bioavailable iron compound to the bioavailable zinc compound is in the range of from 2:1 to 5:1.
7. The use according to any one of the preceding claims, wherein the edible composition further comprises at least one polyunsaturated fatty acid.
8. The use according to claim 7, wherein the edible composition comprises up to 2 g per serving of the polyunsaturated fatty acid.
9. The use according to either one of claims 7 or 8, wherein the polyunsaturated fatty acid comprises docosaehaenoic acid and eicosapentaenoic acid in a weight ratio of at least 2:1.
10. The use according to any one of the preceding claims, wherein the at least one B vitamin is selected from vitamins B6, B11 and B12.
11. The use according to any one of the preceding claims, wherein the edible composition further comprises vitamin A and/or vitamin C.
12. The use according to any one of the preceding claims, wherein the edible composition is a food composition.
13. The use according to any one of the preceding claims, wherein the food composition further comprises protein and/or carbohydrate.

14. A method for aiding the cognitive development or cognitive performance of humans having an age of up to 18 years, the method comprising the step of administering to said human by means of an edible composition;

- 1) a bioavailable iron compound, and a bioavailable zinc compound in a weight ratio of at least 2:1, and
- 2) at least one B vitamin

15. A method according to claim 13, wherein the edible composition is in a food composition.